

from a caterpillar into a butterfly.  
 By instinct,  
 animals and plants increase in size,  
 and shape  
 their organs, until they attain maturity.  
 They are  
 not conscious of the force within  
 them : nor are  
 we conscious of the vital processes  
 upon which  
 our lives. from hour to hour, depend.  
 Directive  
 instinct needs no assistance from  
 experience or  
 practice : the young chaffinch knows  
 precisely the  
 materials for its first nest, and the  
 method of inter-  
 weaving them : young birds generally  
 know how  
 to fly without the need of practice : the  
 bee is an  
 instinctive architect of hexagonal  
 cells. By  
 instinct our organs perform their  
 functions—the  
 heart beats. the lungs pulsate,  
 the liver and  
 kidneys distil their secretions. The  
 direction of  
 these complicated processes  
 owes nothing to  
 experience. and in this differs  
 essentially from  
 the working of reason. But reason  
 itself is a  
 development of processes that are  
 fundamentally  
 instinctive. and are shared by  
 man with the  
 animals below him. So also, we  
 shall find, are  
 impulses which we do not ordinarily  
 think of as  
 instinctive : such as the promptings of  
 kindness,  
 and even the vague feelings of ecstasy  
 which we  
 speak of as "aesthetic." Instinct  
 underlies our  
 emotions. We love, are enraged,  
 are terrified.  
 We feel pity as we are moved by impulses  
 which lie  
 as deep as life itself. Our instincts  
 may be com-  
 pared to a number of alarms, each of  
 which is  
 set for a special stimulus and runs

down im-  
mediately upon being touched by it.  
The stimulus  
may be a sensation of something that  
occurs out-  
side us or inside us; it may be a  
recollection, or it  
may merely be the lapse of a period of  
time. Once  
stimulated, instinct acts forthwith,  
unless it is  
checked or inhibited, by another  
instinct, by  
habit, or by an effort of will.  
The diversity which we perceive in the  
behaviour